



# HEALTH CHECK

## TOP 5 REASONS WHY YOUR CHILD NEEDS A YEARLY CHECK-UP:



- **5** Because your child is enrolled in an EqualityCare program and it's FREE!
- 4 Problems can be found early and treated before they get worse.
- 3 Many problems begin before your child looks or feels sick.
- **2** Annual check-ups are for <u>ALL</u> children and not just those involved in sports activities.
- 1 Find out if your child is healthy!

**Health Check** is Wyoming EqualityCare's Early Periodic Screening, Diagnosis and Treatment (EPSDT) program for Medicaid clients ages birth through twenty to receive free preventative screenings, diagnostic services, and medical treatment. EPSDT is a federally mandated program that requires each state's participation.







# THE EPSDT PHYSICAL EXAMINATION AND OTHER PREVENTIVE SERVICES INCLUDE:

- √ Complete exam
- $\sqrt{\phantom{a}}$  Lab tests appropriate to age and health history
- √ Shots
- √ Developmental and behavioral health assessment

## Office of Healthcare Financing

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## Special points of Interest:

- © Emotional Health During Pregnancy
- © Behavioral Health Assessment
- © Important telephone numbers

#### Inside this issue:

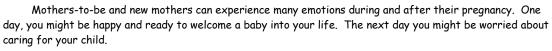
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## EMOTIONAL HEALTH DURING PREGNANCY: IT'S IMPORTANT TOO!



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If you seem unusually sad, have unusual fears or anxieties, have problems making decisions or sleeping for two weeks or more, talk to your doctor or healthcare provider. Your doctor or healthcare provider should ask you these questions: Did things change after you became pregnant? Are things different than you expected as a new mother? Are you tired, anxious, sad and confused?

You can also call a *Healthy Together!* Nurse Health Coach 24 hours a cay, toll-free at 1-888-545-1710 to discuss your concerns.

The main thing to remember is that you are not alone and that help is available. Your job is to tell those around you, as well as your provider, about these feelings; they can help you decide whether you will need special treatment during pregnancy. In addition to caring for yourself, you need to know that depression can also harm your unborn baby or your newborn as well as those in your family. Take care of your mental and physical health.

### Health Check and the Behavioral Health Assessment

An important part of your child's EPSDT physical examination and preventive services include developmental and behavioral health assessments. Your healthcare provider (doctor or nurse) is your partner in keeping your child healthy. Your provider knows about your child's health care, growth, and development. But, you have the day-to-day experience that makes you an expert on your child, you know your child better than anyone else. Children between the ages of 5 through 10 will go through many changes, some changes to watch for are:

#### Physical changes:

- Steady growth in size, strength, and coordination.
- Breast development and menstruation around age 10 in some girls.

#### Mental Changes:

- Rapid development of mental skills
- Greater ability to describe experiences and to talk about thoughts and feelings.
- Change in thinking ability from being self-centered to being able to think about others. Children also become able to un-

#### Emotional/Social Changes:

- A growing independence from parents and family.
- A strong sense of right and wrong.
- A beginning awareness of the future.
- A growing understanding about one's place in the larger world.
- A greater emphasis on friendships and teamwork.
- A growing desire to be liked and accepted by friends.

Discuss, with your health care provider, any concerns you may have over any changes your child may be going through. Some mental/emotional/social subjects to discuss with your health care provider are: How your child expresses his anger and resolves conflicts; Signs of low self-esteem or depression; and how your child is doing in school.

When your child reaches adolescence (the teen years), it is important that he becomes more involved in his health care. Social development is your adolescent's growth in confidence, independence, and positive feelings about herself. It is also the way she interacts with others. Issues to watch for include:

- Does your child feel good about herself: Show affection. Praise her efforts and achievements. Teach your child how to deal with stress
- Encourage good feelings within the family: Spend time together doing things you enjoy. Be flexible in making and enforcing rules, and share responsibility for the family by giving your childe household chores.
- Does your child feel good about others: Show him how to get along and work well with others. Spend time together volunteering and talk with him about how to choose friends and have good relationships

Things to discuss with your health care provider include: Concerns your adolescent may have in making or keeping friends; Ways to help your child cope with her anger and resolve conflicts without violence; and signs that she is feeling sad or nervous, or that "things are just not going right.

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Be sure to discuss any issues of concern with your doctor during your yearly check-up.

# HEALTH INFORMATION DISCUSSED DURING A TEEN CHECK-UP

General Areas:
Relationships with Parents
Physical activity
Limiting TV & video games
Injury & violence prevention
Sleep & nutrition needs
School issues
Sexuality: (Answer any questions

your teen has)

#### High Risk Behaviors:

- ⇒ Drug & alcohol issues
- ⇒ Cigarettes & smokeless tobacco
- ⇒ Dealing with peer pressure
- ⇒ Driving safety

#### Mental Health:

- $\Rightarrow$  Dealing with stress
- ⇒ Identifying signs of depression
- ⇒ How to feel good about themselves

### MAKING APPOINTMENTS

- You may make an appointment directly with your doctor, dentist, a clinic, or a community health center.
- \* It is best to establish a "medical home" in your community - a place where the doctors/providers know your teen's history.
- \* It is important for you to keep your appointment. Your doctor and dentist reserve time especially for you., If you cannot keep your appointment, call your doctor and/or dentist and tell them as soon as possible
- \* When you go for your appointment, take your teen's EqualityCare card, their immunization record and a list of questions you or your teen have.

### \*PARENT/TEEN RELATIONSHIPS ARE VITAL TO TEEN WELL-BEING

**Relationships:** Teens who have warm, involved, and satisfying relationships with their parents are more likely to do well in school, be academically motivated, have better social skills, and have lower rates of risky sexual behavior than their peers.

Monitoring/Awareness Parents who know about their children's activities, friends, and behaviors, and monitor them in age-appropriate ways, have teens with lower rates of risky physical and sexual behaviors, as well as lower rates of drug, alcohol, and tobacco use than their peers

**Modeling:** Teens whose parents demonstrate positive behaviors are more likely to engage in those behaviors themselves.

Approach to Parenting: Research shows that teens whose parents are supportive and caring, but who also consistently monitor and enforce family rules, are more likely to be motivated and successful in school, as well as mentally and physically healthy. In contrast, teens whose parents are overly strict and do not give them any independence are more likely to engage in risky behaviors.

### WHO SHOULD I CALL?



- If you have any questions on your EqualityCare benefits please contact ACS at 1-800-251-1269.
- For Children's Special Health (CSH) eligibility, call your local Public Health Nursing (PHN) office. For
  information on services and limitations for the CSH programs, call (307) 777-7941, or 1-800-438-5795.
- To apply for assistance in purchasing nutritional food items (I.e. formula, juice, milk, eggs, etc.) through the Women, Infants, and Children (WIC) program, contact your local WIC office.
- \* For children enrolled in Kid Care CHIP:
- If you have any questions on your Kid Care CHIP health or vision benefits, please contact Blue Cross Blue Shield of Wyoming at 1-800-209-9720.
- If you have any questions on your Kid Care CHIP dental benefits, please contact Delta Dental at 1-800-735-3379.

\* Kid Care CHIP is not an EqualityCare Program

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Department of Healt Office of Medicaid

Our mission is to promote, protect and enhance the health of all Wyoming citizens.



The Wyoming Department of Health is the primary State agency for providing health and human services. It administers programs maintaining the health and safety of all citizens of Wyoming.

#### Mission

We envision a Wyoming in which all citizens are able to achieve their maximum health potential; a Wyoming in which early intervention, wellness, health promotion, and health maintenance programs are the primary approach for solving health problems; a Wyoming in which all citizens have regular access to basic health care; a Wyoming in which at-risk citizens receive culturally appropriate and sensitive services; a Wyoming in which we and future generations are healthy, vital, and productive so as to seize the opportunity to live our individual dreams and enjoy the

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YOUR HEALTH CHECK NEWSLETTER

